

Determining How You Master New Information

Active learners tend to...

- Remember and understand information best by doing something active with it-- discussing or applying it or explaining it to others.
- Say "Let's try it out and see how it works."
- Like group work more than reflective learners.
- Have great difficulty sitting through lectures because there is no opportunity to actively do anything with the information.
- Like experimenting.

Reflective learners tend to...

- Prefer to think about information quietly first.
- Say "Let's think it through first."
- Prefer working alone or with one other person.
- Have some difficulty sitting through lectures since there is little opportunity to think about the material while taking notes.
- Like observing.

Strategies for practicing, processing, and remembering information:

Active Learning Strategies

- Try to guess what you will be tested on, and figure out how you will answer.
- Discuss and brainstorm the information with others.
- Apply what you have learned to a problem or real-world situation.
- If the course has test questions, review exercises, and other similar items, revisit these interactive elements as a means of studying the material.
- Annotate the course material.

Reflective Learning Strategies

- Stop and think about the course material after each section.
- Elaborate on the material in your notes.